



### 3-Day Food and Activity Journal

Please complete a 3-day food journal prior to your individual consultation with the Registered Dietitian. This information is **extremely valuable** and we sincerely thank you for taking the time to complete it!

The format is set up as a fillable form and we ask that you print your completed copy and bring it to your appointment. If you do not have access to a printer, or if you would prefer to hand write this information on a different piece of paper, please feel free to do so.

Please **include portion sizes** for each of your food and beverage recordings for greater accuracy of nutrition assessment. You will find below an example of one (1) Food Guide Serving.

In the **My Activity** section, please only record planned activities and exercise. Please do not record daily household chores or work-related activity unless your job is very physical.

#### Examples of One (1) Food Guide Serving

|  |  |  |
|--|--|--|
| <p><b>Grain Products &amp; Starchy Vegetables</b></p> <p>1 slice bread (30-35 g)<br/>           ½ pita or tortilla (30-35 g)<br/>           ½ bagel (30-35 g)<br/>           ½ cup <u>cooked</u> rice<br/>           ½ cup <u>cooked</u> pasta, corn, potato, whole grain<br/>           30 g cold or hot cereal</p> | <p><b>Fruit &amp; Vegetables</b></p> <p>1/2 cup raw vegetables<br/>           1 cup leafy greens<br/>           1 medium fruit (size of tennis ball)<br/>           ½ cup tropical fruit or grapes<br/>           1 cup berries or melon<br/> <i>*Juice is considered an "other food"</i></p>  | <p><b>Milk &amp; Alternatives</b></p> <p>1 cup milk – all types (250 ml)<br/>           ¾ cup yogurt (175 g)<br/>           1.5 oz cheese (55 g)<br/>           ½ cup cottage cheese</p>   |
| <p><b>Meat &amp; Alternatives</b></p> <p>3 oz. meat, poultry, fish, shellfish (90 g)<br/>           ¾ cup legumes (beans) or lentils (175 ml)<br/>           2 eggs or ¼ cup egg whites<br/>           2 Tbsp. peanut butter</p>   | <p><b>Added Fats</b></p> <p>1 tsp oil or butter (5 ml)<br/>           2 tsp margarine or creamy salad dressing (10 ml)<br/>           ½ Tbsp. nut or seed butter<br/>           1 Tbsp. vinaigrette dressing, seeds or cream cheese (15 ml)<br/>           2 Tbsp. hummus, nuts, guacamole, avocado, creamy dips or coffee cream (30 ml)</p> | <p><b>Other Foods</b></p> <p><b>Beverages:</b> pop, diet pop, juice, energy drinks, coffee, tea, specialty coffees/Frappuccino's, Slurpee's, alcohol</p> <p><b>Foods:</b> desserts, candy, sweet breads and muffins, cookies, pastries, ice cream, sorbet, potato/vegetable chips, pretzels, tortilla chips, condiments (ketchup, BBQ sauce, oyster sauce, soy sauce, jam/jelly, etc.)</p> |



### 3-Day Food and Activity Journal

Name:

Date:

Record Food Intake with Portion Sizes Below

|  |                  |  |
|--|------------------|--|
| <b>Day of Week</b><br><i>(Check One)</i><br><br>Monday<br>Tuesday<br>Wednesday<br>Thursday<br>Friday<br>Saturday<br>Sunday | <b>Breakfast</b> |  |
|  | <b>Snack</b>     |  |
|  | <b>Lunch</b>     |  |
|  | <b>Snack</b>     |  |
|  | <b>Supper</b>    |  |
|  | <b>Snack</b>     |  |
|  |                  |  |
|  |                  |  |

**Fluid Intake (Servings per Day)**

|                      |  |
|----------------------|--|
| <b>Water</b>         |  |
| <b>Milk</b>          |  |
| <b>Coffee</b>        |  |
| <b>Tea</b>           |  |
| <b>Juice</b>         |  |
| <b>Pop (Regular)</b> |  |
| <b>Pop (Diet)</b>    |  |
| <b>Alcohol</b>       |  |

**MY ACTIVITY**

|   |                       |
|---|-----------------------|
| <b>Heart Health (Cardio)</b><br>Walking, Running, Cycling, Swimming, Rowing, etc. | Each box = 15 minutes |
| <b>Strength &amp; Stretch</b><br>Please list activity and length of time.         |                       |
| <b>Steps/day (if known)</b>   |                       |

**Additional Notes/Comments:**

---



### 3-Day Food and Activity Journal

Name:

Date:

Record Food Intake with Portion Sizes Below

|  |                  |  |
|--|------------------|--|
| <b>Day of Week</b><br><i>(Check One)</i><br><br>Monday<br>Tuesday<br>Wednesday<br>Thursday<br>Friday<br>Saturday<br>Sunday | <b>Breakfast</b> |  |
|  | <b>Snack</b>     |  |
|  | <b>Lunch</b>     |  |
|  | <b>Snack</b>     |  |
|  | <b>Supper</b>    |  |
|  | <b>Snack</b>     |  |
|  |                  |  |
|  |                  |  |

**Fluid Intake (Servings per Day)**

|                      |  |
|----------------------|--|
| <b>Water</b>         |  |
| <b>Milk</b>          |  |
| <b>Coffee</b>        |  |
| <b>Tea</b>           |  |
| <b>Juice</b>         |  |
| <b>Pop (Regular)</b> |  |
| <b>Pop (Diet)</b>    |  |
| <b>Alcohol</b>       |  |

**MY ACTIVITY**

|   |                       |
|---|-----------------------|
| <b>Heart Health (Cardio)</b><br>Walking, Running, Cycling, Swimming, Rowing, etc. | Each box = 15 minutes |
| <b>Strength &amp; Stretch</b><br>Please list activity and length of time.         |                       |
| <b>Steps/day</b> (if known)   |                       |

**Additional Notes/Comments:**

---



### 3-Day Food and Activity Journal

Name:

Date:

Record Food Intake with Portion Sizes Below

|  |                  |  |
|--|------------------|--|
| <b>Day of Week</b><br><i>(Check One)</i><br><br>Monday<br>Tuesday<br>Wednesday<br>Thursday<br>Friday<br>Saturday<br>Sunday | <b>Breakfast</b> |  |
|  | <b>Snack</b>     |  |
|  | <b>Lunch</b>     |  |
|  | <b>Snack</b>     |  |
|  | <b>Supper</b>    |  |
|  | <b>Snack</b>     |  |
|  |                  |  |
|  |                  |  |

**Fluid Intake (Servings per Day)**

|               |  |
|---------------|--|
| Water         |  |
| Milk          |  |
| Coffee        |  |
| Tea           |  |
| Juice         |  |
| Pop (Regular) |  |
| Pop (Diet)    |  |
| Alcohol       |  |

**MY ACTIVITY**

|   |                       |
|---|-----------------------|
| <b>Heart Health (Cardio)</b><br>Walking, Running, Cycling, Swimming, Rowing, etc. | Each box = 15 minutes |
| <b>Strength &amp; Stretch</b><br>Please list activity and length of time.         |                       |
| <b>Steps/day</b> (if known)   |                       |

**Additional Notes/Comments:**

---